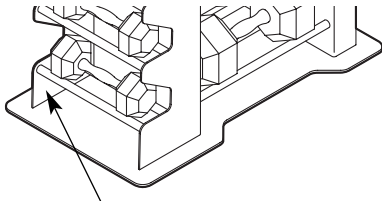


Model No. NTW00630

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 p.m. MST

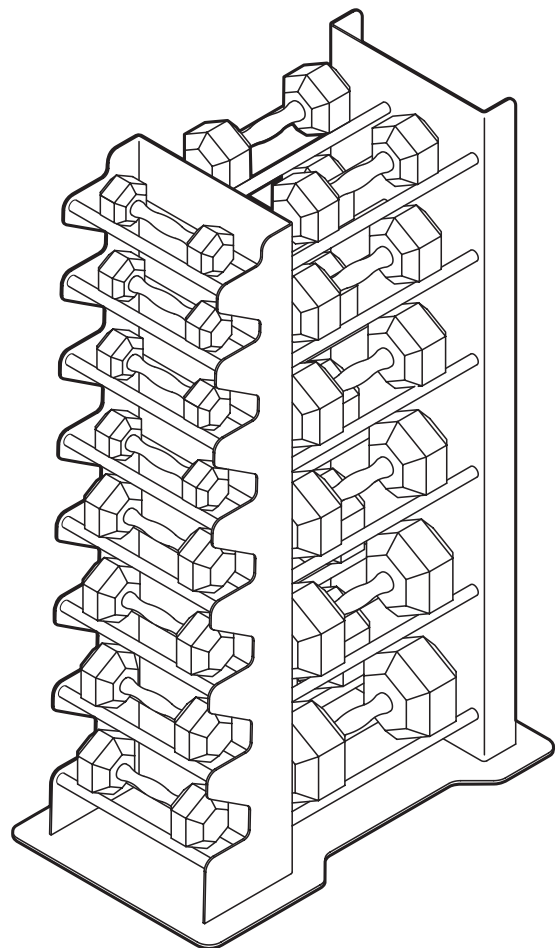
## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

# NordicTrack®

## STRENGTH

## USER'S MANUAL



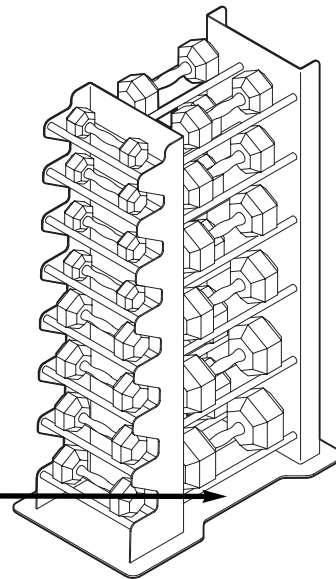
Visit our website at

[www.nordictrack.com](http://www.nordictrack.com)

*new products, prizes,  
fitness tips, and much more!*

## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight rack. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



## IMPORTANT PRECAUTIONS

**! WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor.
5. Keep children under 12 and pets away from the weight rack at all times.
6. Always wear athletic shoes for foot protection while exercising.
7. The weight rack is designed to support a maximum total weight of 380 pounds.
8. Always stack the heavier dumbbells on the lower part of the rack and the lighter dumbbells on the upper part of the rack.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

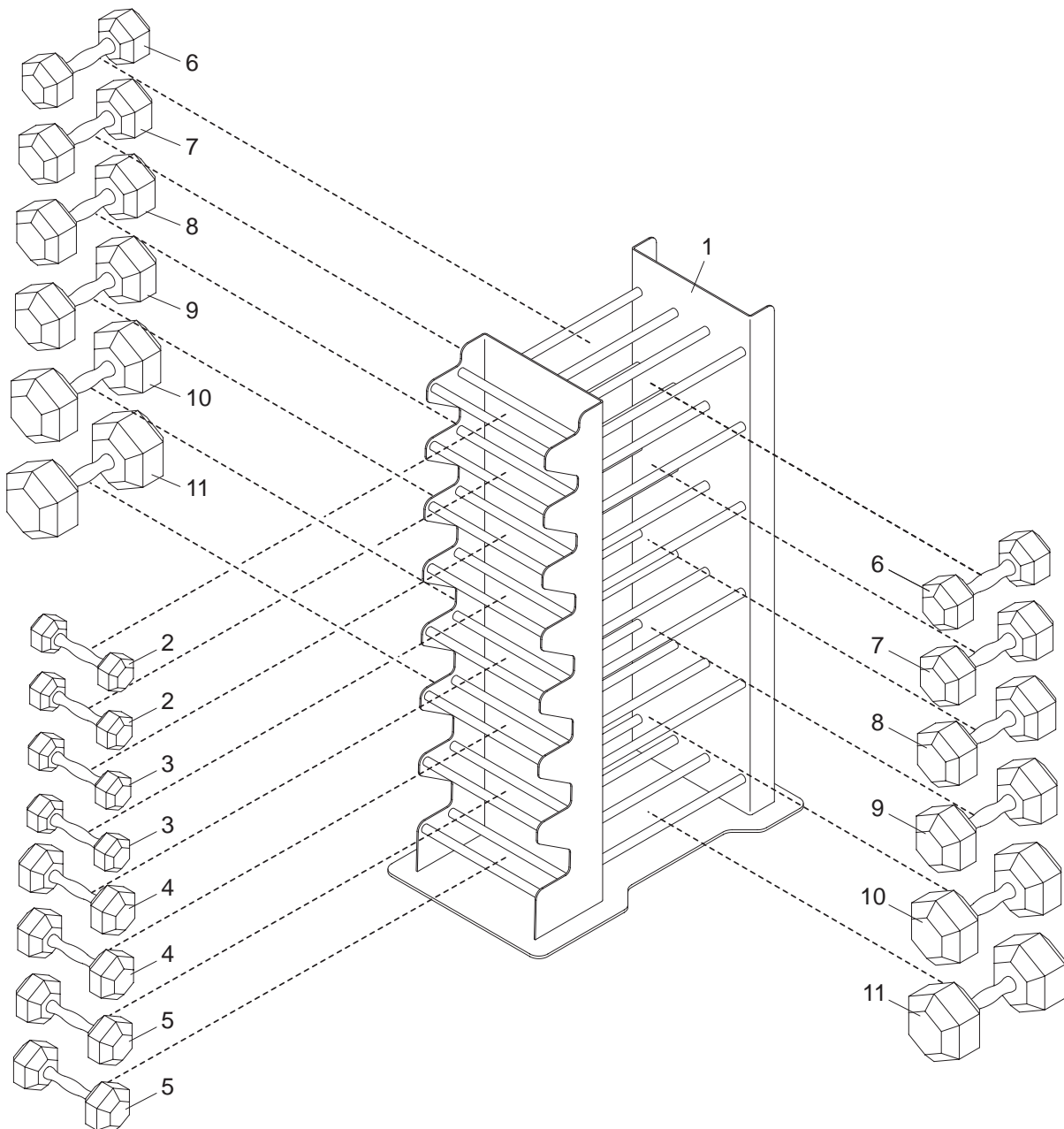
**! WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# PART LIST/EXPLODED DRAWING—Model No. NTW00630

R1103A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rack	7	2	20-pound Dumbbell
2	2	2.5-pound Dumbbell	8	2	25-pound Dumbbell
3	2	5-pound Dumbbell	9	2	30-pound Dumbbell
4	2	7.5-pound Dumbbell	10	2	35-pound Dumbbell
5	2	10-pound Dumbbell	11	2	40-pound Dumbbell
6	2	15-pound Dumbbell	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (NTW00630)
2. The NAME of the product (NordicTrack® STRENGTH weight rack)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 3 of this manual)

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## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® STRENGTH weight rack (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product frame for five years after the date of purchase. ICON warrants all other parts for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**